Live HealthSmart

GROCERY LIST

Perishable Food Items
1 dozen Eggs
1-16 oz Low-fat milk plain yogurt
1-8 oz package Cheese (12 slices), slices
1-8 oz bag Cheese (shredded), four cheese mexican
1-7.5 oz container Reduced fat cream cheese
4 Tomatoes
1 small White onion
1 Red delicious apple
3 small Bananas
12 pounds Lean ground beef (90/10)
4 pieces of Chicken breast
1 pound Ground turkey
4-4 oz Center-cup pork chops
9 oz Ham, sliced
10 6-inch whole wheat tortillas

Nonperishable Food Items
4 English muffins, frozen
10-oz red enchilada sauce, canned
1-15.5 oz can Chunky salsa
3-15 oz cans Diced tomato, canned
2-15 oz cans Beans, canned (black beans, kidney beans, combo, etc.)
1-15 oz can Green peas, canned
1-8 oz Berries, frozen or 1-8 oz can Berries, canned
1-18 oz container Rolled oats
1-2 lb Broccoli, frozen
1-10.5 oz can Cream of chicken soup, canned
2-8.8 oz package Pre-cooked brown rice
12 oz medium shrimp, frozen
1-10 oz can Condensed cream of celery soup, canned
1-28 oz package Hash Brown, frozen
1-10 oz bag Spinach, frozen or can Spinach, canned
1 container Nuts or Trial mix of choice